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THE

CHILD'S MATINS AND VESPERS.

BY

A MOTHER.

Second Thousand.

BOSTON:
CROSBY, NICHOLS, AND COMPANY,
111 WASHINGTON STREET.
1853.

Jan 1853.52

John Lowell '42
In memory of
John Lowell '77

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This little manual was written for my own dear children, and I hope it will be a valued friend to them, and other little ones.

Every night and morning, before saying your prayers, open this little book, and read the thoughts set down for the time. It will help you to think seriously, and keep alive the feelings of love, and confidence, you ought to cherish towards your Father in heaven.

May you be pure as the lilies, "planted in the valley of humility, and sweetly watered by the inward sprinkling" of the spirit of Jesus.

THE

CHILD'S MATINS AND VESPERS.

FIRST WEEK.

Sunday Morning.

This is God's most holy day, and he has said, "Remember the Sabbath day to keep it holy."

May I do nothing to-day which will cause me to break that command, either in thought, word, or deed; and although I am young and small, I can in that way please the great and good God, who takes care of all, who watches over us by day

and night, and who, if we faithfully serve him here on earth, will take us when we die to serve and worship him in heaven.

Sunday Evening.

The Sabbath is over; has it been well spent? Have I endeavored in every thing to do well? Have I been gentle, dutiful, and orderly at home and abroad? Have I tried to remember the lessons I have received? May I be better and wiser for what has been taught me this day, and all the week try to grow in goodness and

truth, like my blessed Saviour, Jesus Christ, who when a child was obedient to his parents, gentle, mild, pure, the beloved Son of God.

Monday Morning.

I AWAKE from sweet sleep, and will thank my Heavenly Father for his kind care over me, and all who are dear to me. He has sent his kind angels to watch over me while I slept, and kept all harm away. What shall I do for him who is so kind to me? Can a little child do any thing to show love and gratitude to God?

Yes, by being always gentle, full of love, like our blessed Saviour; in all our actions think less of ourselves, and more of others. Help me, Father in heaven, to prove by my good actions my desire to be thy child.

Monday Evening.

Now the still night has come, let me examine and ask myself if I have committed any wrong action this day; if I have obeyed the law of kindness, and the golden rule. May I remember there is no happiness in

sin, and when evil passions and thoughts spring up in our hearts, we must pray earnestly for help to overcome them.

"Create in me a new heart, O God, and renew a right spirit within me."

Tuesday Morning.

Let me be thankful that my life and health have been preserved, and that I rise strengthened and refreshed by the sweet sleep of the past night. Every day I must remember the mercies I enjoy, and if I cannot be gratified in all my desires and wishes, I

must remember that my privileges are very great, and how many poor children there are in want and suffering; who know not the blessings of kind parents and friends; who have no pleasant homes to live in; who live without any knowledge of God and our Saviour, and who grow up in wickedness and wretchedness.

May I be kept from sin this day, both at home and abroad.

Tuesday Evening.

Before I go to my bed this night, let me review the actions of this day, which has passed. Have I performed my duties faithfully? Have I been kind to my playmates, and improved my time at school? Have I been obedient to my parents and teachers? Have I remembered that God's eye is ever upon me, and knows whether I am good, or whether I am sinful?

If I have done all these things, I shall go to sleep with a happy heart, feeling that God's blessing is upon me.

Wednesday Morning.

Every morning I rise from my bed, and go out with my playmates. I meet with temptations and little trials which are hard to bear, and sometimes I give way to my naughty passions, which causes me to feel sad and conscience-stricken when I come to reflect.

Let me remember when I am tempted to do any wrong thing this day, that our Heavenly Father knows our weakness, and will strengthen us, if we try to help ourselves, and call upon him for aid.

Wednesday Evening.

As day after day, and night after night, passes away, do I grow any better? Do I come to my rest at night feeling an approving conscience? Have I put in practice, all this day, the good resolutions of the morning? I want to be the child of God. Let me remember that *all* sin and wrong-doing is displeasing to him, and if I have committed any this day, may I resolve to do so no more, but keep a strict watch over myself that I may not fail in well-doing.

Thursday Morning.

I LIKE to rise early in the morning and perform all my duties well. I like to learn about God, and all that he has done for us. I would be like the little busy bee, who gathers honey from the flowers and carefully hoards it up, so that in cold winter time she may have something to live upon. I, too, while I am young, will store my mind with good lessons of wisdom and goodness, that when the winter of my life shall come, I may take pleasure in recalling what will cheer and comfort me, and I shall look back

upon a life well spent, and forward to a better life to come.

Thursday Evening.

The day is ended, and it is time I prepared myself for sweet sleep, which will always come to the good child who has tried all day to do right. I must remember that every good deed makes the conscience glad; every kind word spoken to a friend, playmate, or any one in distress, helps us on in the path of virtue; they are the stepping-stones to the heavenly home; while every evil deed, every cross and

unkind action, are the stumbling-blocks which delay us in our heavenly journey.

This whole life is like one short day. After a little while, all my days must come to an end; let me so live, then, that my passing away may be peaceful and joyful.

Friday Morning.

In the pleasant morning light which comes to gladden all the earth, I see the kindness of my Heavenly Father. He gives us all we possess; his benefits are more than we can number,

and all that he requires from us in return is, that we shall keep his commandments and perform cheerfully and faithfully all our little duties, looking to him for help.

Father in heaven, be with me this day; save me from sin and temptation, and at night may I come to my rest with a happy, approving conscience.

Friday Evening.

Night is here inviting us to rest and repose, and the darkness is spread around us "like a curtain from God's

kind hand," "to shield the couch where his children repose"; and now, after thanking him for the blessings of this day, and asking pardon for the follies and sins I may have committed, I will resign myself to his kind care which never fails. He guards us in the darkness, and makes us sleep in peace. If I am permitted to see the light of another day, may I spend it as I ought, and when I die, may I awake to a joyful morning in heaven.

Saturday Morning.

On this morning of the last day of the week, I wish to be very good, kind, diligent, and thoughtful of others. I wish to prepare myself for the holy Sabbath day which is to come, for the Sunday school, and for church. Let me try, all through this day, in how many ways I can be useful, remembering that a very little done well and cheerfully, is better than a large amount performed in an unwilling, fretful manner.

In this way I shall serve Christ, and please my Heavenly Father, whose eye is ever upon me.

Saturday Evening.

The week has passed away, and its record is on high. It may be the last week I am to spend on earth. O my Heavenly Father, help thy child to keep the good resolutions made each day! May sin never have dominion over me, but may I keep my robe of righteousness pure and unstained. I have had many kind blessings bestowed upon me, have I always remembered the giver? Have I tried to show my gratitude to my Father in heaven, by following, humbly, the example of our Saviour? Have I tried to resist temptation to do wrong,

in being loving, gentle, kind, and forgiving?

As each week of my life glides away on the swift stream of Time, may I grow holier and better, remembering that "the pure in heart shall see God."

SECOND WEEK.

Sunday Morning.

AGAIN "the day which God has blest comes tranquilly on, with its welcome rest." How beautiful is the quiet and peace of a Sabbath morning! The old and the young, the weary laborer, the tired animals, all welcome the day of rest. Let me on this holy day remember my duties at home, at church, and at Sunday school. I must be attentive and quiet in both places, and try to remember whatever I hear from minister and

teacher. If I am fatigued before the service is ended, or do not understand all that is said, I must not, by restless and uneasy behavior, prevent my parents and others listening to the sermon.

I wish to be the child of God, and will try to put away from me every evil way; growing meek and lovely, and more like Jesus, my great example.

Sunday Evening.

ANOTHER Sunday has passed away, and a new week is before me for good or ill; which shall it be? If I remem-

ber the lessons and teachings I have heard this day, if I persevere in keeping my good resolutions, if I think often of God and my Saviour, and try every day to overcome the evil passions, bad habits, and temptations to sin, which come to us, then this Sunday will not have been spent in vain. From day to day may I go on loving and serving him better, until all my days on earth are past, and I shall then be fitted to love and serve him in heaven.

Monday Morning.

In the morning, O God, will I praise thee! Through the night thou hast preserved thy child, and I dedicate my first waking thoughts to thee in gratitude. The little birds sing praises, all nature rejoices in the glad light of day, and shall I, who have received so many blessings, be silent and unmindful? No, I will join with them in praise and thanksgiving to my heavenly Benefactor, and then go forth to the duties and pleasures of the day. "The Lord is my keeper; he shall preserve me from all evil."

"Search me, O God, and know my heart; try me and know my thoughts; and see if there be any wicked way in me, and lead me in the way everlasting."

Monday Evening.

Before I go to my bed this night, I wish to examine myself, and recall the actions of this day. Have I done any good? Have I made any person happy? Have I given up my selfish wishes? Have I been studious and diligent at school? Have I been obedient and loving at home? May

I remember that outward actions are of little value before God, unless they spring from right motives; that he ever watches over us with tender love, and will do for us more than we can ask, or even think. And now, as the shades of night are falling around me, I will again commit myself to his holy keeping, after asking forgiveness for my sins, and his aid and blessing on my efforts to become a better child.

Tuesday Morning.

Every thing around us speaks of the mighty power, the love and goodness of God, if we will only open our ears to hear, and our eyes to see; the bright and glorious sun, made to give us light and warmth, which makes glad the hearts of joyous children, who love to sport and play when he shines upon the earth; the rain which comes to refresh the dry and dusty earth, which causes the little flowers to grow and bloom, the fruits to ripen; the gentle dew which falls so silently in the night; the moon and twinkling

stars; all come from God's kind hand, and this morning let me think again of my blessings and duties, and of what I owe to my constant benefactor and God. Let me keep my heart right toward him this day, and he will bless and love me.

Tuesday Evening.

"Night is the time to think."

To think of all I have done this day; whether I have done well, or ill; whether I have neglected my little duties, and wasted my precious time, when I ought to have been attending

to my studies. I must think if I have said any unkind words to my schoolfellows, or indulged in unkind feelings; if I have, I will try to do so no more, and ask God to forgive me, and help me to do better in future. God has given me powers for good and evil; may I choose the right path, and walk in it without falling, until I arrive at my heavenly home.

Wednesday Morning.

God has given me a guide to keep me in the way I should go, for he has placed in my breast the still, small

voice of conscience, who faithfully speaks when I am going astray; and if I listen to the voice which speaks in my heart, and obey its directions quickly, the way through life will always be clear and bright to me, and at the end of it I shall see clearly the angels, and the brightness of the glory which leads me to the heavenly home, prepared for the little lambs of Jesus Christ's fold. If I am tempted to do wrong this day, let me remember the thoughts of this morning hour, and ask God to keep me from sin.

Wednesday Evening.

"Night is the time to pray."

To ask God's forgiveness for sins committed, for duties neglected, for bad habits still indulged in; to ask his care and protection, while I lie in my bed, sleeping through the silent darkness of the night. His eye never slumbers nor sleeps, and he watches over us for good. Let me, then, never close my eyes to sleep without remembering this kind friend; and when I am saying my prayers, may I not have wandering thoughts, but feel, in performing this solemn duty,

that God knoweth what is in us that he looketh on the heart, and is ever ready "to lend a gracious ear to what the youngest child can say."

Thursday Morning.

Morning, too, is the time to pray. We should pray to our Heavenly Father at all times, and whenever we are tempted to do wrong, to yield to our passions, or break one of his commandments. We should pray for help always in time of need, that our good resolutions may not vanish "like the morning cloud and the early

dew." We cannot be good by wishing to be good only; we must try ourselves, daily, hourly. We must listen to his teachings, from the voice of the Saviour, speaking to us in his holy word, the Bible. He came to show us the way to the Father, and give us an example that we may follow in his steps.

Thursday Evening.

I LOVE to come to my room after the sweet good-night kiss has been given, and before going to bed,

"While the watching stars are bright,
Give my last thoughts to the Guardian of night."

A Father's kind eye is upon me in love, and sweet peace sheds happiness in my heart, if I have done well. O that I could always do well! that I could always come to my rest with an approving conscience! but many times I am tempted to do wrong things, to indulge wrong thoughts. Father in heaven, forgive the sins and faults of this day, and help me to live as I should wish I had done were I to die this night.

Friday Morning.

Every day brings its joys and little trials even to the young. Before I enter upon the duties of this day, let me think how I can best show my willingness to perform every thing well; to show and feel a right spirit towards every one. If I have brothers and sisters, let me, by my readiness to oblige them, and make them happy, set them a good example to follow. How can I lighten the burdens of my dear mother, and make the heart of my dear father rejoice in his child? By obedience to their wishes, by being

careful, neat, and thoughtful of their comfort; by having "a place for every thing, and every thing in its place"; by never showing a fretful disposition, wishing for things improper for me to have, remembering that God gives to all what is best, and that a repining spirit is never a happy one.

Friday Evening.

The sun has set; his last rays are no longer seen; he has faithfully performed his allotted task; he has shone upon the world, giving gladness to many hearts; bringing forth the fruits

and flowers in some places, and causing the snow and ice to reflect the glory of his beams in others. Have *I* been as faithful as the sun, in what has been allotted *me?* Has my face shone with the reflection of the bright, pure thoughts within? Have I made my beams of kindness shine upon all those with whom I have associated, causing the unfailing flowers to spring up, and blossom, and bring forth fruit? Have no clouds of evil passion arisen to obscure the sun of my righteousness? So let me go on, shining brighter and brighter, unto the perfect day.

Saturday Morning.

AGAIN the last day of the week has come, and again I look back upon the days which are passed, thanking God that I am still alive to enjoy the society of those I love, and live with them in this beautiful world. May I not love it too well, and so forget the brighter and more glorious world, where we are all going; where, if we are faithful to our duties here, prayerful and humble, we shall dwell for ever with God, and Jesus Christ, and those dear ones who have gone before us to the heavenly home.

Saturday Evening.

ANOTHER week has been added to my life, and again Saturday night bids me prepare myself for the coming Sabbath, thanking God for all the blessings I have enjoyed this day and through the week. If I have failed sometimes in my efforts to be good, I must not be discouraged, but keep a watchful eye upon myself, trusting in God, who is ever near to me. I must remember, the harder the temptation, the greater the virtue in resisting it. Father, forgive, bless, and protect thy child. If, in the future, misfortune

and sickness are in store for me, I must be patient, and submissive, and not repine because I cannot have all I wish. If joy, and fortune's gifts, attend my path, I must not be selfish, but give to those who are in want, remembering that God loves a cheerful giver.

THIRD WEEK.

Sunday Morning.

"My voice shalt thou hear in the morning, O Lord; in the morning will I direct my prayer unto thee, and will look up." As Sabbath after Sabbath of my life passes away, and I am yet here to bless God, who has made me alive, and given me so many blessings to enjoy in this beautiful world, am I fitting myself to enter that other and holier world, prepared for those who diligently serve him? And what is to serve him diligently?

Do I read my Bible and try to follow its precepts? When I learn about Jesus, who was so meek and lowly in heart; who, when he was reviled, reviled not again; who went about doing good; who committed no sin, although tempted in all points as we are, — do I try to imitate this bright example, and show my love to God and Jesus by obeying these words: "He that hath my commandments and keepeth them, he it is who loveth me"? Let me endeavor this day to spend it well; to read my Bible and other good books, to go to church and Sunday school, remembering in both places to be quiet and attentive, stor-

ing up in my memory the good lessons I receive, that I may be made holier and wiser.

Sunday Evening.

"It is God who girdeth me with strength, and maketh my way perfect." While I have this perfect strength in all my limbs, let me never forget my constant Benefactor, my Guardian and heavenly Friend; then, when I am old and gray-headed, and my strength fails me, or sickness presses its heavy hand upon my brow, he will not forget me, but will

come unto me, leading me by the side of still waters, and making me to lie down in green pastures. Yea, though I walk through the valley of the shadow of death, I shall fear no evil, for he will be with me to sustain and comfort me. And now that the holy Sabbath has gone, and I am here to think of all that has passed since the morning, let me hope that I have committed no known sin; that I may be made better for this day's teachings, and all through the week be influenced by what I have heard and learned.

Monday Morning.

Before me lies a happy, joyous day, if I will make it so. Let me, then, go forth from my chamber with pure thoughts, fervent desires, and holy resolutions, that I may do nothing, either at home or abroad, to dim its brightness. May I be kind to my playmates, attracting them to me by loving actions, doing to them as I would have them do to me. Let me be industrious and studious this day and through the week, not wasting time in idleness and play, but remembering that time misspent can never

be recalled; that God has given me talents which are to be improved, which will fit me for this life and that which is to come; that every day I must learn some new thing; every day I must grow in goodness, as well as in knowledge, ever bearing in mind that I shall one day give an account to God of all that I do, say, or think.

Monday Evening.

"I LOVE to steal awhile away," as the night comes on, and, before giving my body to repose, think over what has happened to me this day; to re-

call the blessings I have received, and thank the Giver for his daily kindness; to recall my little troubles and trials; whether they have caused me to be fretful and impatient, or afforded me an opportunity to show forgiveness of injuries to my playmates. Has the sweet spirit of peace taken up its abode with me, teaching me to overcome evil with good? Have I remembered that the eye of God has been upon me, looking with approbation upon every little act of self-sacrifice, though known only to himself? If so, then I can lie down this night with a happy, peaceful conscience; then can I sleep sweetly through the

silent hours of darkness, while his kind angels watch over me, bearing to his throne above my evening thoughts of praise and prayer; then shall my Heavenly Father fold me in the arms of his tenderest love, and the Good Shepherd bless me as one of the cherished lambs of his flock.

Tuesday Morning.

It is morning; the sun has arisen, and comes forth from his chambers in the east, shining on all, and for all, in this great wide world. Let me return thanks to God, who has made me

alive, who has kept me through the past night, and brought me to see the pleasant light of another day.

To him belong my first morning thoughts; like the flowers which hold up their heads to the morning sun, like the birds who warble their praises when they see his beams, so will I lift up my heart to Him who cares for all, and sing his praises, "whose tender mercies are over all his works." Let me this day be earnest and persevering in my efforts to do and be good. In my work I must be industrious and faithful, and my play will be sweeter and merrier; remembering always "to dwell in love with my

playmates, as children of a common Father, — a love that doeth nothing through strife, but that hopeth all things, endureth all things, and never faileth."

Tuesday Evening.

THE shades of night are falling around; the sun, guided by the unerring hand of God, is dispensing its light on those countries far away from us, and cheering the hearts of other beings dependent upon God's bounty and love. How good is God, and how great! He it is who guides the

stars in their courses; who gives us the glorious sun by day, and at night places the moon in the heavens, to shed down her pure silver light on the children of this earth; who directs them in their paths, and takes care of all while we sleep. This great and good Being has given me powers to serve and love him. O, let them not be bestowed in vain! Let me give him my powers in the freshness of my youth. Let me faint not, nor be weary, in well-doing, and every day I shall love better to perform his will, and be more worthy to be called his child. If I am permitted to see the light of another day, may it find me

refreshed and ready to obey his will, fitting myself to dwell with him for ever in the mansions promised to those who love him and keep his commandments.

Wednesday Morning.

Day after day, week after week, passes away in this busy, bustling world, and I am yet alive to thank Him who is the author of my being. I rise from sleep in the morning, and prepare myself for the duties of the day; prepare to do what I can to show my love to Him, who daily does

so much for me, and make myself (while I make others) happy. I turn my face to the morning light with a grateful heart, and pray that truth and holiness may shine in all my actions this day; that all my motives may be pure and right; that I may be kind and gentle, forgiving, as I would be forgiven; that this day's sun may set joyously for me, and find me with my lamp trimmed and burning, ready for the blessing of my Lord, and that, when the sun of my life shall set, I shall enjoy a brighter day and a more glorious life shining on through eternity. Bless me and help me. Father in Heaven, preserve me from sin and

evil; make me humble and submissive, watchful over every thought, word, or action; give me the blessing of thy love, and strengthen all holy purposes, through Jesus my Saviour.

Wednesday Evening.

"O Lord, thou hast searched me, and known me. Thou compassest my path, and my lying down, and art acquainted with all my ways." We cannot, if we would, go from the presence of the Lord; "even the darkness hideth not from him, but the darkness and the light are both alike

to him." How beautiful and cheering is the thought, that our heavenly Parent is ever with us to sustain us in trouble, to aid us in the path of duty, to conduct and guide us, to protect and save us from danger! O, may I never leave or forsake my heavenly Guide through my journey of life, for although the way be thorny and difficult, he will never forsake those who trust in him, but will bring me safely to my heavenly home, where I shall dwell with him for ever and ever.

"Search me, O God, and know my heart; try me and know my thoughts, and see if there be any wicked way

in me, and lead me in the way everlasting."

Thursday Morning.

"It is a good thing to give thanks unto the Lord, and to sing praises unto thy name, O Most High! to show forth thy loving-kindness in the morning, and thy faithfulness every night." All children who love God, and desire to do his will, who are sensible how much he is daily doing for them, and how dependent they are on his constant care and kindness, will feel that it is good and pleasant

to sing his praises every day of their lives. But God does not desire praise alone; he wishes me to serve him with my whole heart; to put away from me all evil and wicked thoughts, which often come to tempt me from the path of duty; to show my obedience and love to him, by being obedient to my earthly parents, loving and kind to my brothers, sisters, and playmates, meek and forbearing to all. We offend God when we are unkind to each other. I must share all my feelings with God; if I am sad he can comfort, if I am happy I must thank him who has made me so; in my wants I must humbly ask, and he

will bestow what is best; if I am in danger, he will care for me, and from day to day will guide my steps aright.

"Put thy fear in my heart, O God, that I may be kept from sinning against thee."

Thursday Evening.

When the day's duties and pleasures are over, and my tired limbs welcome the hour of rest, it is pleasant to feel that I have tried successfully to perform what has been given me to do. If I have smoothed the

path of a fellow-being by an act of kindness and love, by a gentle word spoken to one in sorrow; if I have been patient under little trials, if my love to others has been like Christ's to me, then I lay me down to sleep without a fear; then I say my prayers with a heart of thankfulness, while sweet and heavenly thoughts come to my soul. Let me review the day that is past, and if I have sinned, ask God's forgiveness and help to do so no more, and resolve that the coming day may find me better prepared to do God's will, and show my love to him by subduing my passions, correcting my faults, and forsaking my

sins. And now, as the darkness gathers round me, I will commit myself to his care whose "presence makes all darkness light"; who is ever ready to forgive and save his children.

Friday Morning.

AWAKE, my soul, and prepare, like the morning sun, to dissipate all clouds which may darken the way; like the sun let me joyfully rise, and illumine my pathway with bright deeds, holy thoughts, good resolutions, and heavenly hopes. As the golden hours of the day glide swiftly

away, let my sinful temptations be scattered like the morning dew. Every morning God's love beams upon us; every day shows fresh tokens of kindness to his wayward children, calling them in gentle tones of affection to free themselves from sin, to array themselves in the robes of humility, purity, and innocence, walking in the path which leads to heaven.

As there is no day without its temptations to do wrong, no day in which we are sure we shall have no bad passions, or wrong feelings excited, let me, before I leave my room, ask God's assistance and guidance;

that he will write his blessed law upon my heart, — the law of love and forgiveness.

"Go, with pure mind and feeling,
Fling earthly thoughts away;
And at thy bedside kneeling,
Do thou in spirit pray."

Friday Evening.

When the silent hours of night come on, God, in his goodness, sends the gentle spirit of sleep to close our weary eyelids, and refresh our bodies with needed rest. How welcome is sleep to all! old and young are alike refreshed and comforted; the sufferer

forgets for a time his pains, the sad and afflicted their troubles. "God giveth his beloved children sleep." Let me then, before giving my body to repose, thank him for this gift, and our daily blessings, and humbly ask his continued care to defend me through this night. May I sleep the sleep of innocence and purity, reposing my soul on the bosom of my Saviour; and as the words of my evening prayer rise to that God who is ever ready to forgive, slow to anger, and of great kindness, may I put away from me all unkind feelings and impure thoughts, and submit all my passions and affections to his will.

Saturday Morning.

THE last morning of the week has again come round, and as the rays of the morning light come into my chamber window, they tell me to waste no time in bed, but to rouse myself, be up and doing, with heart and strength, the duties of the day. They tell me to join with every living thing in praise to our Heavenly Father and Friend; to fill my heart with pure and holy thoughts, bright and happy hopes, sincere and earnest resolutions to resist all that shall tempt me from the right way. It tells me now, in the

morning of my life, to "remember my Creator," and do his will, and as I grow in strength, I may increase in the love of goodness and truth, so that every day may be better than the past.

Saturday Evening.

Let me this evening review the events of the past week, and ask myself if I have daily tried to abstain from evil, and keep myself unspotted from the world. Have I constantly remembered that I am accountable to God for the time and talents he has

committed to my care? Have I daily prayed to God for help to "fight the good fight," or have I gone forth depending on my own strength, in the trying hours which come even to a child? What have I done this week to prove my love to God and my fellow-creatures? Have I taken Jesus as my great example, trying to be obedient, humble, and lowly, patient under little crosses and disappointments?

Let me think wherein I have failed in any of my duties, and should the next week's last setting sun find me still enjoying God's goodness on this earth, may it also find me improved

in character, and more earnest in fitting myself for heaven.

The holy Sabbath hours are close at hand; may I open my heart to receive their teachings, and when evening comes be able to say, "I have walked with God to-day."

"If thou do ILL, the joy fades, not the pains;
If WELL, the pain doth fade, the joy remains."

THE COMMANDMENTS OF GOD.

"THOU shalt have no other gods before me."

God is my Heavenly Father, my Creator; in him I live, and move, and have my being; and he alone should have all my adoration and worship, all my best affections, and my sincere gratitude. He has given me life, health, and strength; all the blessings I enjoy come from him, "the Giver of all good," and he ever watches over his children, the evil

as well as the good, the thankful and unthankful, with an eye of tender pity and love. I must then "love the Lord my God, with all my heart, and with all my soul, and with all my mind, and with all my strength."

"THOU shalt not make unto thee any graven image, or any likeness of any thing that is in heaven above, or that is in the earth beneath, or that is in the waters under the earth. Thou shalt not bow down thyself to them, nor serve them."

Many of the heathen nations are

now breaking, through ignorance, this command, and bowing down in worship to idols of gold, silver, and brass. How thankful I should be that I live in a Christian land, where I can learn of the "one only and true God," and "Jesus Christ whom he has sent"!

Let me keep a watch that I make not for myself false gods and idols. Whenever I am tempted to any habitual commission of sin, whenever I give way to the indulgence of pride, anger, or revenge, then it is I bow down to the idols which are set up in my own sinful heart; and how much greater the sin of such idolatry in me, with the Bible to guide me, friends

ready to counsel me, and the example of the blessed Saviour to follow, than in the poor heathen who are in a state of total ignorance with regard to sacred things!

"THOU shalt not take the name of the Lord thy God in vain: for the Lord will not hold him guiltless that taketh his name in vain."

The name of my God is a holy and sacred name. I must never use it with disrespect, or speak it lightly and in jest. Especially I must never allow myself to use this holy name in a pro-

fane manner. When I hear bad men or boys swearing, and taking his name upon their unholy lips, may I feel how great the sin, and take warning, remembering "the Lord will not hold him guiltless that taketh his name in vain." I must ever keep in mind the infinite purity, majesty, and excellent goodness of God, and show by my words and actions, that awe, reverence, and respect which are due from me to the greatest and best of beings.

"Remember the Sabbath day to keep it holy. Six days shalt thou la-

bor and do all thy work. But the seventh day is the Sabbath of the Lord thy God: in it thou shalt not do any work, for the Lord hath blessed the Sabbath day and hallowed it."

The Sabbath was made for man; for the weary laborer to rest his tired limbs, and thank God for this welcome day of rest; for the man of business to lay aside the cares and perplexities of every-day life, and think of the life to come; for the mother to gather her little ones about her, and go up to the house of God, to sing his praises, and offer her grateful prayers for the blessings bestowed upon her; for little children to go

with their parents and learn the way to the kingdom of heaven, and join in that service which comes from a loving and obedient heart.

Every day we must offer our prayers to the great Giver of all good; but this day we must devote to his service; we must always try to spend it as if it were to be our last Sunday on earth; do nothing to profane it, either in thought, word, or deed, and all the week will bear witness that we have kept the commandment, "Remember the Sabbath day."

"HONOR thy father and mother, that thy days may be long upon the land which the Lord thy God giveth thee."

Children should never cease to love, obey, and honor their parents, who have watched over them in their helpless hours of infancy, who have passed sleepless nights and weary days in their hours of sickness, who are ever ready and willing to minister to their many wants, to sympathize in their little troubles, and rejoice in their happiness. It is in my power to make my parents' heart sing for joy; and I can by my misconduct destroy the whole happiness of their lives, al-

though they may be surrounded by every earthly good prosperity and fortune can procure. It is not enough that I abstain from great sins and vicious courses. I must be affectionate and attentive to their wishes; I must be meek and mild, like Jesus, who was subject to his parents. I must obey them willingly and readily, without hope of reward, or when I do not see the reason, for this is the obedience which is most pleasing to God, who has created and placed us here in our several stations, and who loves those who respect and honor their earthly parents. Thus we become more truly his children, and the dis-

ciples of Jesus our Saviour, who takes good children in his arms, saying, "Of such is the kingdom of heaven."

"THOU shalt not kill."

Life is the gift of God, bestowed upon us for purposes of good. If we steadily and resolutely cultivate right feelings towards others; if we cherish a forgiving, kind, and forbearing spirit, a disposition to seek the welfare and happiness of all about us, remembering the golden rule, "Do unto others as ye would that others should do unto you"; if we put away from us all

anger, keeping a watch upon our tongues that they never utter an unkind, provoking word,—we shall never be found guilty of transgressing this commandment of God.

"THOU shalt not steal."

To defraud in any way is wrong. To obtain what we wish for by the slightest deceit, to make a good bargain for ourselves at the expense of another, to contract debts which we cannot pay, are all different ways of stealing. If a child is ever tempted to deceive, or commit a slight theft,

he may go on from one step to another, until the light of conscience grows dim, and he no longer listens to the voice of God in his heart. Let me then endeavor always to be truthful in all my dealings with my schoolmates and playmates, and gain the confidence of men, and the blessing of my Heavenly Father, whose eye is ever upon me, — from whom no action can be hid, — and who has promised a bright reward of peace and happiness, a crown of everlasting glory, to those who, obeying his commandments, lead holy and virtuous lives.

"THOU shalt not bear false witness against thy neighbor."

Almost every day we are tempted to break this law of love, without being aware of it. When we exaggerate a story for the amusement of others; when we blame another without a sufficient knowledge of his motives; when we hold our friends up to ridicule, or misrepresent their actions in any way, — we are violating this command. In the most unimportant relation of a story, ve should be exact to a word in telling what we know; we must speak the truth, and nothing but the truth. Let me then cherish always in my conversation, sincerity

and caution; when I can say nothing good of another, I must keep silent, showing that the golden rule is the guide of my actions. Kindness and benevolence of feeling towards others, even the most sinful, was the blessed Saviour's rule, who taught us to forgive as we hope to be forgiven.

"THOU shalt not covet thy neighbor's house, nor any thing that is thy neighbors."

What is meant by covetousness? To wish for any thing that is another's, while we are unhappy and dis-

contented at the situation in which God has placed us. When we see finer houses than ours, occupied by those who seem to enjoy greater privileges than we do, who have every wish gratified without apparent trouble or care, we are apt to think there is nothing to prevent their being perfectly happy; we envy them this happiness, and earnestly desire the same fine houses, clothes, and pleasures; but these things alone do not give us happiness. God is good and just; he knows what is best for each and all; he "doeth all things well"; and where one blessing is denied, another is bestowed. To some he has

given houses and broad lands, but for all he created this beautiful world, with its hills, groves, and meadows, its trees, flowers, and fruits; and although we may not call them wholly ours, we can enjoy them without trouble and care. While he denies to some health and strength, he shows how beautifully the heart that is fixed on him can bear pain and illness, attracting to the sufferer kind friends, loving hearts, willing hands, and all the little offerings of sympathy and affection, which the poorest and weakest have it in their power to bestow. When beauty of face and form is denied, how often do we find the in-

ward beauty shining out in the plainest features, giving a charm to the character which nothing can take away. O, let us then cherish these ornaments of a meek and quiet spirit, a cheerful, happy, contented disposition. Let us put away from us all envy and covetousness, thanking God in our daily lives for the blessings he is pleased to send us, and loving him who "crowns our whole lives with his love."

BLESSED PROMISES

SELECTED FROM

THE HOLY BIBLE.

To my Young Readers:—

These are some of the promises taken from the Holy Bible. They have comforted many with their gracious words, and sustained them when in trouble and affliction, pain and illness. It will be well to put them away in the little storehouse of the mind, and when you need them, they will come at your bidding to cheer and comfort you. Every week, then, commit one to memory, and you will never regret it in your future days. You can look for them in that mine

of golden precepts, the blessed Bible, and in searching for the few I have chosen, you will find many other treasures which I hope will induce you to search the Scriptures daily.

PROMISES.

1.

THE Lord will not forsake them that seek him. He forgetteth not the prayer of the humble.

2.

Wait on the Lord; be of good courage, and he shall strengthen thine heart.

3.

The Lord will not leave my soul

in the grave, nor suffer his beloved to see corruption.

4.

Be of good courage, and he shall strengthen your heart, all ye that hope in the Lord.

5.

The eyes of the Lord are upon the righteous, and his ears are open unto their cry.

6.

They that seek the Lord shall not want any good thing.

7.

Blessed is that man who maketh the Lord his trust.

8.

Call upon me in the day of trouble, and I will deliver thee, and thou shalt glorify me.

9.

The Lord is my Shepherd, I shall not want.

10.

Commit thy ways unto the Lord: trust also in him; and he shall bring it to pass.

11.

The meek shall inherit the earth, and shall delight in the abundance of peace.

12.

The steps of a good man are ordered by the Lord; and he delighteth in his way. Though he fall, he shall not be utterly cast down; for the Lord upholdeth him with his hands.

13.

God will redeem my soul from the world below; he will receive me to himself.

14.

Mark the perfect man, and behold the upright, for the end of that man is peace.

15.

Cast thy burden upon the Lord, and he shall sustain thee: he shall never suffer the righteous to be moved.

16.

The Lord will bless them that fear him, both small and great.

17.

Like as a father pitieth his children, so the Lord pitieth them that fear

him. For he knoweth our frame, he remembereth we are dust.

18.

Gracious is the Lord, and righteous; yea, our God is merciful.

19.

Blessed are those whose ways are pure, who walk in the law of the Lord.

20.

Light is sown for the righteous, and gladness for the upright in heart.

21.

Christ died for us, that, whether we

wake or sleep, we should live together with him.

22.

They that be wise shall shine as the brightness of the firmament, and they that turn many to righteousness as the stars for ever and ever.

23.

Let the wicked forsake his way, and the unrighteous man his thoughts, and let him return unto the Lord, and he will have mercy upon him, and to our God, for he will abundantly pardon him.

24.

He will not always chide; neither will he keep his anger for ever.

25.

For as the heaven is high above the earth, so great is his mercy towards them that fear him.

26.

The Lord is merciful and gracious, slow to anger, and plenteous in mercy.

27.

Blessed are they that keep the precepts of the Lord, and that seek him with the whole heart.

28.

Ye shall seek me, and find me, when ye shall search for me with all your heart.

29.

A Father of the fatherless, and a Protector of the widows, is God in his holy habitation.

30.

The Lord redeemeth the soul of his servants: and none of them that trust in him shall be desolate.

31.

The needy shall not be always for-

gotten: the patient hopes of the poor shall not perish together.

32.

The Lord is a refuge for the oppressed, a refuge in times of trouble.

33.

He will be very gracious unto thee at the voice of thy cry; when he shall hear it, he will answer thee.

34.

Be of good courage, and he shall strengthen your heart, all ye that hope in the Lord.

35.

The Lord is nigh unto them that are of a broken heart; and saveth such as be of a contrite spirit.

36.

The Lord shall be unto thee an everlasting light, and thy God thy glory.

37.

Blessed is he that considereth the poor; the Lord shall deliver him in time of trouble.

38.

Blessed are those whose ways are

pure, who walk in the law of the Lord.

39.

The Lord God is a sun and shield; the Lord will give grace and glory: no good thing will he withhold from them that walk uprightly.

40.

The Lord is good and ready to forgive; and plenteous in mercy unto all them that call upon him.

41.

The Lord will regard the prayer of

the destitute, and not despise their prayer.

42.

Praise the Lord; for his merciful kindness is great towards us, and the truth of the Lord endureth for ever.

43.

The Lord shall preserve thy going out and coming in, from this time forth, and for evermore.

44.

In the fear of the Lord is strong confidence, and his children shall have a place of refuge.

45.

The Lord shall preserve thee from all evil; he shall preserve thy soul.

46.

Them also which sleep in Jesus will God bring with him.

47.

This is the promise that he hath promised us, even eternal life.

48.

The Lord knoweth how to deliver the godly out of temptations.

49.

Surely goodness and mercy shall follow me all the days of my life.

50.

As one whom his mother comforteth, so will I comfort you.

51.

God is faithful, who will not suffer you to be tempted above that ye are able, but will with the temptation also make a way to escape, that ye may be able to bear it.

52.

Blessed are they which do hunger

and thirst after righteousness, for they shall be filled.

53.

Many sorrows shall be to the wicked; but he that trusteth in the Lord, mercy shall compass him about.

54.

He that overcometh shall inherit all things, and I will be his God, and he shall be my son.

55.

The blessing of the Lord, it maketh rich, and he addeth no sorrow with it.

56.

Our Saviour, Jesus Christ, hath abolished death, and hath brought life and immortality to light through the Gospel.

57.

I will put my law in their inward parts, and write it in their hearts, and will be their God, and they shall be my people.

58.

The Lord shall be thy everlasting light, and the days of thy mourning shall be ended.

59.

He keepeth the paths of judgment, and preserveth the way of his saints.

60.

The Lord will bless the righteous; with favor will he compass him as with a shield.

61.

Say to them that are of a fearful heart, Be strong, fear not: behold, your God will come with power, even God with a recompense; he will come and save you.

62.

Come now, and let us reason together, saith the Lord: though your sins be as scarlet, they shall be as white as snow; though they be red like crimson, they shall be as wool.

63.

For the Lord taketh pleasure in his people: he will beautify the meek with salvation.

64.

He healeth the broken in heart, and bindeth up their wounds.

65.

The Lord taketh pleasure in them that fear him, in those that hope in his mercy.

66.

The Lord openeth the eyes of the blind: the Lord raiseth them that are bowed down: the Lord loveth the righteous: the Lord preserveth the strangers: he relieveth the fatherless and widow.

67.

The Lord is nigh unto all them that call upon him, to all that call upon him in truth.

68.

He will fulfil the desire of them that fear him: he also will hear their cry, and save them.

69.

The Lord upholdeth all that fall, and raiseth up all those that are bowed down.

70.

The Lord is gracious, and full of compassion; slow to anger, and of great mercy.

71.

The Lord is good to all: and his tender mercies are over all his works.

72.

The eyes of all wait upon thee; and thou givest them their meat in due season.

73.

Thou openest thine hand, and satisfiest the desire of every living thing.

74.

Though the Lord be high, yet hath he respect unto the lowly. Though I walk in the midst of trouble, thou wilt revive me.

75.

They that sow in tears shall reap

in joy. He that goeth forth and weepeth, bearing precious seed, shall doubtless come again with rejoicing, bringing his sheaves with him.

76.

They that trust in the Lord shall be as Mount Zion, which cannot be removed, but abideth for ever.

77.

The Lord is thy keeper: the Lord is thy shade upon thy right hand.

78.

Blessed are those whose ways are pure, who walk in the law of the Lord.

79.

Blessed are they that keep his precepts, and that seek him with the whole heart.

80.

The Lord preserveth the single-minded: I was brought low, and he helped me.

81.

Gracious is the Lord, and righteous; yea, our God is merciful.

82.

The Lord hath been mindful of us: he will bless us; he will bless them

that fear the Lord, both small and great.

83.

Ye that fear the Lord, trust in the Lord; he is your help and shield.

84.

He raiseth up the poor out of the dust, and lifteth the needy out of the ground.

85.

The righteous shall be in everlasting remembrance. He shall not be afraid of evil tidings: his heart is fixed, trusting in the Lord.

86.

Blessed is the man that feareth the Lord, that delighteth greatly in his commandments.

87.

The Lord satisfieth the longing soul, and filleth the hungry soul with good.

88.

Like as a father pitieth his children, so the Lord pitieth them that fear him. For he knoweth our frame; he remembereth we are dust.

89.

He will not always chide; neither will he keep his anger for ever.

90.

The Lord executeth righteousness and judgment for all that are oppressed.

91.

The Lord is merciful and gracious, slow to anger, and plenteous in mercy.

92.

He hath not dealt with us after our

sins, nor rewarded us according to our iniquities. For as the heaven is high above the earth, so great is his mercy toward them that fear him.

93.

He will deliver me in peace from the conflict, though many are against me.

94.

Call upon me in the day of trouble: I will deliver thee, and thou shalt glorify me.

95.

God is our refuge and strength, a very present help in time of trouble.

96.

Pray to thy Father which is in secret; and thy Father, which seeth in secret, shall reward thee openly.

97.

Blessed is the man whose strength is in Thee: in whose heart are Thy ways. They will go from strength to strength, till every one appeareth in Zion before God.

98.

When my flesh and my heart faileth, God is the strength of my heart and my portion for ever.

99.

The humble shall see, and be glad; and the hearts of them that fear God shall be revived.

100.

For the Lord heareth the poor, and despiseth not his people.

101.

Blessed are the poor in spirit; for theirs is the kingdom of heaven.

102.

Blessed are they that mourn; for they shall be comforted.

103.

Blessed are the meek; for they shall inherit the earth.

104.

Blessed are they who do hunger and thirst after righteousness; for they shall be filled.

105.

Blessed are the merciful; for they shall obtain mercy.

106.

Blessed are the pure in heart; for they shall see God.

107.

Blessed are the peacemakers; for they shall be called the children of God.

108.

If ye forgive men their trespasses, your Heavenly Father will also forgive you.

109.

Seek ye first the kingdom of God, and his righteousness, and all these things shall be added unto you.

110.

Ask, and it shall be given you: seek,

and ye shall find: knock, and it shall be opened unto you.

111.

Whosoever shall confess me before men, him will I confess before my Father which is in heaven.

112.

Come unto me, all ye that labor and are heavy laden, and I will give you rest.

113.

Take my yoke upon you, and learn of me; for I am meek and lowly in

heart: and ye shall find rest unto your souls.

114.

The righteous shall shine forth as the sun in the kingdom of their Father.

115.

If thou wilt enter into life, keep the commandments.

116.

Suffer little children to come unto me, and forbid them not, for of such is the kingdom of heaven.

117.

If thou wilt be perfect, go and sell that thou hast, and give to the poor, and thou shalt have treasure in heaven.

118.

He that shall endure unto the end, the same shall be saved.

119.

When ye stand praying, forgive, if ye have aught against any, that your Father also which is in heaven may forgive you.

120.

God so loved the world that he

gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life.

121.

I will not leave you comfortless: I will come to you. Because I live, ye shall live also.

122.

Let not your heart be troubled: ye believe in God, believe also in me. In my Father's house are many mansions: if it were not so, I would have told you. I go to prepare a place for you.

123.

If I go and prepare a place for you, I will come again and receive you unto myself; that where I am, there ye may be also.

124.

Jesus said, "If a man love me, he will keep my words: and my Father will love him, and we will come unto him, and make our abode with him."

125.

If ye abide in me, and my words abide in you, ye shall ask what ye will, and it shall be done unto you.

126.

As my Father hath loved me, so have I loved you.

127.

If ye keep my commandments, ye shall abide in my love; even as I have kept my Father's commandments and abide in his love.

128.

Ye are my friends if ye do whatsoever I command you.

129.

There remaineth a rest to the people of God.

130.

God is no respecter of persons; but in every nation, he that feareth him, and worketh righteousness, is accepted with him.

131.

We know that all things work together for good, to them that love God.

132.

Eye hath not seen, nor ear heard, neither hath it entered into the heart of man to conceive, the things which God hath prepared for them that love him.

133.

God loveth a cheerful giver.

134.

Be not weary in well-doing, for in due season we shall reap if we faint not.

135.

For God hath not appointed us unto wrath, but to obtain salvation by our Lord Jesus Christ, who died for us, that whether we wake or sleep, we should live together with him.

136.

This is a faithful saying, and wor-

thy of all acceptation, that Christ Jesus came into the world to save sinners.

137.

For we know that if our earthly house of this tabernacle were dissolved, we have a building of God, an house not made with hands, eternal in the heavens.

138.

The Lord is my helper, and I will not fear what man shall do unto me.

139.

Draw nigh to God, and he will draw nigh to you. Humble your-

selves in the sight of the Lord, and he shall lift you up.

140.

The effectual, fervent prayer of a righteous man availeth much.

141.

He who converteth the sinner from the error of his ways shall save a soul from death, and shall hide a multitude of sins.

142.

Nevertheless we, according to his promise, look for new heavens and a new earth, wherein dwelleth righteousness.

PRAYERS.

PRAYERS.

Sunday Morning.

Heavenly Father, I thank thee for the blessed Sabbath, the day of sacred rest, set apart to worship and serve thee in thy temples here below.

Help me to spend it as I should wish I had done were I to die this night. Let it not be added to those sinfully wasted and lost, but by holy acts and devout thoughts may it leave an influence on my conduct through the week, that I may feel

daily it is good to draw near to thee, and devote myself to thy service. May I, on this holy day, resolve to love thee more and serve thee better than I have ever done, feeling that "a day is coming, in which thou wilt render unto every one according to his works."

I thank thee, Father in heaven, for thy dear Son our Saviour, who on this day rose from the grave and ascended to thy right hand, where he now lives to make intercession for us. I thank thee for his bright example in duty and suffering, for the precious promises which he gives us if we follow in his steps.

May I, O God, be made better and holier by the services of this day, and be accepted as an humble disciple of the holy Jesus, through whom to thee I offer my morning prayer. Amen.

Sunday Evening.

Father in heaven above, look down upon thy child this night; bless me with thy love, and pity and forgive whatever I have done, said, or thought amiss, this day. May all that I have heard, and learned in thy holy temple, sink deep into my heart, and enable me to value all the privileges

which thou hast bestowed upon me as I ought. Strengthen me in my heavenward course, and may I ever keep in mind that this world is only a preparation for a better and holier one, and thus may my soul be ready to join the blessed band of spirits that praise thee above.

To thy kind care I will resign myself this night; grant me refreshing sleep, and if it please thee to bestow upon me another day, may I rise strengthened and prepared to do my duty, and be enabled to keep all the good resolutions I have made this day, through Jesus Christ my Saviour. Amen.

Monday Morning.

Our Father, who art in heaven, thou hast bestowed upon me the light of another day, and I will raise my morning thoughts to thee filled with gratitude and affection.

We can do nothing, O God, without thy assistance; all our actions and thoughts are known to thee, and thou hast promised to smile upon all those who try to do thy will. In all the little temptations which may come to me this day, may I be victorious; and if great trials are in store for me, O, may I not sink under them, but re-

member that thou, the good Father, will not try us more than we can bear, and although a child in years, thy mercy will give me patience and submission if I humbly trust in thee. I thank thee for thy watchful care through the silent and defenceless night, and into thy hands I commit myself, and all who are dear to me, this day. Bless, preserve, and save us, O Holy Father, through our Saviour who died for us. Amen.

Monday Evening.

HEAVENLY FATHER, I would begin and end the day with acknowledging thy kindness and care, and beseeching thee to forgive my sins and make me worthy to be thy child. Thine eye is upon me this moment; thou knowest all I think, and say, and do. Known unto thee are all my little trials, all my desires, whether my resolutions have been faithfully kept for good, or whether I have yielded to temptation. If I have thoughtlessly wasted my time at home or abroad, this day, if I have been careless in performing my

duties, if I have been unkind in word or action to any one, O merciful Father, cause me to feel sorrow, and help me to do so no more. May I be gentle and forgiving, self-denying and humble, obedient to my dear parents, affectionate to my brothers and sisters, and other dear friends. Keep them all in thy kind care this night, and may we all be prepared for thy heavenly kingdom above, through Christ our Saviour. Amen.

Tuesday Morning.

HEAVENLY PARENT, with the morning light I come to thee for thy blessing upon me this day. May I feel as I ought my daily dependence upon thee, and wilt thou guide my feet in the way I should go. Keep me from evil, temptation, and sin; direct my thoughts to thee; make me pure and heavenly-minded, and in all my intercourse with the world, may I remember the golden rule, and be more ready to do to others as we wish others should do to us.

While I ask thy blessings for my-

self, I pray for those who are near and dear to me. May we be "followers of thee as dear children, and walk in love as Christ has loved us." Pity and comfort all who are poor and needy, and may I be ever ready to help those in distress or affliction. O Holy Father, whose ear is ever open to the prayers of thy children, hear me, and be with me this day. Forgive and accept me through the Saviour who died to save us. Amen.

Tuesday Evening.*

O Lord, my Heavenly Father! I thank thee that thou hast added another day to my life; and hast not suffered any evil to befall me. I thank thee for the food thou hast given me; for the raiment with which I am clothed, and for all the kindness of my parents and friends to me. Thy mercies, O God, are as many as the moments of my life. O my Father, guide my inexperienced feet. As I grow in years, may I be like the

* Selected.

holy child Jesus, increasing in wisdom, and in favor with thee and man. May I be industrious, so that I may be useful, and virtuous, that I may be happy. I pray that I may avoid bad company, and seek continually to please thee. May I remember that thou art with me wherever I am, and that thou seest me in all I do. If I have said or done any thing contrary to thy holy will, I pray thee to forgive me. Bless my dear parents, teachers, relations, and friends. I desire to give myself to thee this night, and wilt thou defend me from every harm, and may I awake in the morning prepared to serve thee better than I ever

served thee before. Hear me, O God, through Jesus Christ. Amen.

Wednesday Morning.

O God, who art ever watching over us, by night as well as by day, I thank thee for thy kind care over me and all my dear friends, through the silent night which has passed. I thank thee for the sweet sleep which strengthens and refreshes our bodies, for health and happiness, kind friends and unnumbered blessings which come to us daily. Keep me this day, and every day, from sinning

against thee. "Search me, O God, and know my heart; try me, and know my thoughts; and see if there be any wicked way in me, and lead me in the way everlasting."

Help me to be kind, obedient, affectionate, to my parents, brothers, and sisters, and may we form a happy household here, and be worthy to live one day with thee and Christ in heaven. Amen.

Wednesday Evening.*

HEAVENLY FATHER, I thank thee that thou hast preserved my life another day, and that, surrounded by so many comforts, I lie down to sleep this night. In thought, in word, and in deed, I have done much that is wrong. Thine eye has been upon me all the day. Thou hast seen how I have employed every hour, and hast known every thought of my heart. For all the support thou hast this day afforded me in resisting temptation, I

* Selected and altered.

would offer to thee my gratitude, and I entreat thee to forgive all my offences. May I be truly penitent, and more carefully try to do all thy will.

Wilt thou now take care of me this night, and when I awake in the morning, wilt thou prepare me to live a more holy life another day. Be with me, my Father, as long as I shall live, and when thou dost remove me from the world, O, take me to dwell with thee for ever, through Christ our Lord. Amen.

Thursday Morning.

My God, I thank and bless thee for the pleasant light that shines upon me this morning. I thank thee for life and all its blessings. O, grant that I may faithfully serve thee here, and at last be accepted to thy heavenly kingdom above. May I resist temptation, and be pure, humble, and heavenly-minded. Keep me from all sin; from anger, selfishness, and impatience; from pride and vanity; from waste of time, and idle words. Keep me from wandering thoughts in prayer, and "let nothing separate me from thy

love." Preserve me, O God, from danger this day. Bless all that are dear to me, and comfort and defend the poor and friendless. "Create in me a clean heart, O God, and renew a right spirit within me," and to thee shall be glory and praise for ever. Amen.

Thursday Evening.

FATHER in heaven, wilt thou listen to my evening prayer. Forgive the sins I have committed this day, cause me to be truly penitent, and, O God, bless me with thy tender love. I

thank thee that thou hast led me in safety through the day, and that "now without a fear I can lay me down to sleep." Be near me through the darkness, give me sweet, quiet sleep, and may the morning light find me well and happy. As day after day of my life passes away, may I be more and more fitted for heaven and eternity. Prepare me for all the changes of life, and give me a spirit of meekness, trust, and contentment. Bless all my dear relations and friends, and when we die, may we be all received into thy heavenly kingdom, through Jesus Christ our blessed Saviour. Amen.

Friday Morning.

Heavenly Parent, I bless thee for the repose of the past night, and for bringing me in health and safety to see the light of another day. Keep me in thy fear and love, and wherever I go, or whatever I do, may I remember that thou, O God, seest me. Let me not forget thee, or be tempted from the path of duty into the ways of sin and foolishness.

Our Father, who art in heaven; hallowed be thy name; thy kingdom come; thy will be done on earth as it is in heaven. Give us this day our

daily bread; and forgive us our trespasses as we forgive those who trespass against us. Lead us not into temptation; but deliver us from evil, and thine be the kingdom, and the power, and the glory, for ever and ever. Amen.

Friday Evening.

O THOU great and good Shepherd, who never slumberest, or sleepest, but whose eye is ever upon thy child in tender compassion and love, take me under thy care and protection this night, and defend me from all danger

and harm. Pardon whatever I have done this day inconsistent with thy holy will, and enable me to keep a strict watch, in future, over all my words, thoughts, and actions. Pity my weakness, and, O God, strengthen my desire to serve thee; soften my heart; give me humility, and confidence in thee. Make me more and more desirous of imitating the example of my Saviour, Jesus Christ; and when I am called away from this world, may I live with him in heaven.

Into thy hands I commit all who are near and dear to me this night. Bless my dear parents and friends, my brothers and sisters, and may we

"be followers of thee as dear children," through Christ Jesus our Lord. Amen.

Saturday Morning.*

O God, my Heavenly Father, I thank thee that thou hast preserved my life through another night, and that I again see the light of the morning.

I shall be exposed to many temptations this day; and I beseech thee to enable me to abstain from every sin,

* Selected and altered.

and to cherish those feelings and to manifest that spirit which will be pleasing to thee.

May I make my parents happy by constantly doing that which will please them. May I, by a kind and obliging disposition, contribute to the enjoyment of my brothers and sisters. And especially, O God, I pray that thou wilt enable me to improve my time at school, that my precious privileges may not be wasted; that I may make a rapid improvement in my studies, and prepare for a useful life. Be with me, Heavenly Father, all the day, that I may not think a wicked thought, that I may not say an im-

proper word, that I may not do a wrong thing. I desire to trust in thee and my Saviour, and I pray that thou wilt, for his sake, hear my prayer and forgive my sins. Amen.

Saturday Evening.

FATHER in heaven, I bow humbly to thee, on this last night of the week which has passed away; thankful to thee for all its blessings, looking to thee for pardon, if I sincerely repent of my sins, and for thine assistance in my endeavors to lead a holier and better life.

Give me that heavenly light which shall guide me in the right way; help me to subdue my evil passions, my sinful and foolish habits, and to give to thee the best affections of my heart. Let not my goodness be "as the morning cloud, and the early dew, which passeth away," but may I so live here on earth, that at my departure into the eternal world I may be "presented without spot, and blameless, before thy presence with exceeding joy." Bless and preserve all my dear relations and friends. May we all reverence and keep holy the Sabbath of rest, which is near to us. May we put away from us all vain and worldly

thoughts, which too often come to us in thine house of prayer, but may we love thy service, doing thy whole will, as did Jesus our Saviour, through whom we offer our evening prayer. Amen.

THE END.

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